

WHAT IS CLAIMED IS:

1. A method for producing fermented milk containing
an angiotensin converting enzyme inhibitory peptide
comprising:

5 (A) mixing lactic acid bacteria and a starting
material containing milk by stirring to prepare a mixed
material, and

(B-1) fermenting said mixed material under stirring
so that curd pieces and whey containing an angiotensin
10 converting enzyme inhibitory peptide are generated,

whereby fermented milk containing said curd pieces
and said whey containing the angiotensin converting
enzyme inhibitory peptide is produced.

15 2. A method for producing fermented milk containing
an angiotensin converting enzyme inhibitory peptide
comprising:

(A) mixing lactic acid bacteria and a starting
material containing milk by stirring to prepare a mixed
20 material,

(B-1) fermenting said mixed material under stirring
so that curd pieces and whey containing an angiotensin
converting enzyme inhibitory peptide are generated, and

(B-2) fermenting said mixed material under static
25 conditions,

whereby fermented milk containing said curd pieces

and said whey containing the angiotensin converting enzyme inhibitory peptide is produced.

3. The method of claim 1 or 2 wherein said milk is selected from the group consisting of cow's milk, goat's milk, sheep's milk, soy bean milk, skim milk, reconstituted milk, powdered milk, condensed milk and mixtures thereof.

4. The method of claim 1 or 2 wherein said fermented milk has a viscosity of not higher than 20 cp.

5. The method of claim 1 or 2 wherein said angiotensin converting enzyme inhibitory peptide is selected from the group consisting of Val-Pro-Pro, Ile-Pro-Pro, and mixtures thereof.

6. The method of claim 1 or 2 wherein said mixed material further contains a yeast.

7. The method of claim 1 or 2 wherein said lactic acid bacteria contained in the mixed material comprises *Lactobacillus helveticus*.

8. The method of claim 7 wherein said *Lactobacillus helveticus* comprises *Lactobacillus helveticus* CM4

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5 9. A method for producing whey containing an
angiotensin converting enzyme inhibitory peptide
comprising:

subjecting the fermented milk produced by the method
of claim 1 or 2 to at least one of centrifugation and
10 filter pressing to separate and recover whey, is
provided.

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